

in fat in a digestible form, and bacon is considered an excellent form in which to give fat.

Fat is found in generous amounts in cocoa, olives, and nuts. Nuts especially deserve more general recognition than they have had as a valuable food, not simply as an adjunct to a hearty meal.

Mrs. Abel in one of the Rumford leaflets gives the following table of the percentage of fats in different foods: Meat (spoken of as lean), five to twelve per cent.; eggs, twelve per cent.; milk three to four per cent.; butter, eighty to ninety per cent.; cheese, eight to thirty per cent.; green vegetables, 0.3 per cent.; nuts, fifty-three to sixty-six per cent.; wheat and rye, one to two per cent.; oats, four to five per cent.; corn, five to six per cent.

(To be continued.)

THE HOME MEDICINE CLOSET

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It is a common experience in connection with sickness or any small emergency at home to have to collect from different places in the house the various things that may be needed. Often one does not have on hand some simple remedy that may be required for a guest visiting in the house or for one of the servants. There are always varying needs arising unexpectedly, and it is not pleasant to fail to meet them in the simplest and easiest way. When the family is a large one certain remedies are apt to be kept in one room and others in another, where there is always the possibility of their not being available when wanted. If the medicines, etc., can be kept together in one place and always found there, it is not necessary to have a special closet made, though that is more practical. It is certainly helpful to have the medicines, etc., kept where there is a good light. The family bathroom is suggested as a good place, and as being more available than any bedroom. Sometimes there is a good space in an upstairs hall, or hall closet. The supplies should be kept high enough to be out of the reach of children, and they should be kept locked, with the key hanging near by, not in sight, but in a place known to the adults in the house. Old prescriptions should be discarded when no longer in use. The medicines should be kept fresh and every bottle should be distinctly labelled. Glass-stoppered bottles are advised as being more easily kept clean and more economical in the end. A small supply of clean empty bottles and new corks of different sizes is helpful

to have on hand. If there is no gas connection available for a small gas-stove, an alcohol-lamp with the wick in good condition and ready for use should take its place when necessary. A few towels and a small basin should be kept with the other supplies.

The following description of a home medicine closet which has proved itself a convenience is given with the hope of its being helpful in meeting a need which I have felt repeatedly in my own experience.

A closet twenty-five inches high, twenty-two inches wide, and six inches deep, as shown in the illustration, will hold the medicines and supplies given in the accompanying list. A closet a little larger, with an additional shelf for a few bandages, old linen, a small tray that would hold tooth-picks for making swabs, an eye-dropper, two clinical thermometers, a small glass syringe, menthol pencil, a box of matches, and a pad and pencil, would be more adequate, or a small drawer could be added at the bottom of the closet to supply this deficiency. The list given has been kept as small as possible, and can be modified to suit the needs of different households, substituting, if desired, other remedies that produce the same results. The list is made up of things that any intelligent mother would know how to use under the doctor's direction, and many of them on her own responsibility, in connection with sickness in her household. There are, of course, additions that could be made were a trained nurse to have it in charge.

The closet is made of wood painted with white enamel paint, and has wooden adjustable shelves. Glass shelves would be more easily kept in order.

For convenience the following list is given by shelves, which have been arranged according to sizes of bottles, etc.

First Shelf (space seven and one-half inches).—Six-ounce bottles of listerine, alcohol, glycerine, Pond's extract, brandy, lime-water; sixteen-ounce glass jars of boracic acid powder, flaxseed meal. Two glass covers for medicine and a roll of Z. O. plaster can be put on top of the glass jars.

Second Shelf (space six and one-half inches).—Two-ounce bottles of whiskey, aromatic spirits of ammonia, camphor, castor-oil, tincture green soap, turpentine, chloroform liniment, arnica, camphorated oil, sweet oil; box mustard leaves, jar absorbent cotton, jar gauze.

Third Shelf (space four and one-fourth inches).—One-ounce jars of salt, cold cream, vaseline, ichthyol ung., ten per cent., bicarbonate of soda; bottles of tablets of quinine, two grains; Fraser's migraine for headache, trional, five grains; viburnum led. co., cascara, two grains; soda mint, chlorate potash, rhinitis, calomel, one grain; aconite (No. 1, homœopathic); medicine glass; small measuring glass.

Fourth Shelf (space four and one-half inches).—One-ounce bottles

of collodion, iodine, laudanum, carbolic acid, bichloride tablets, oil cloves, essence peppermint, Jamaica ginger, syrup ipecac, paregoric, sweet spirits of nitre, tr. nux. vomica; lavender salts (small-sized bottle); two white enamel bowls to fit one underneath the other, one four and one-half inches across, the other five and one-fourth inches across.

On one door of the closet inside can be hung a corkscrew, small funnel for filling bottles, and a pair of scissors. On the other door can be hung a thumb forceps, teaspoon, small spatula, and a pincushion. It is well to have a list of the contents of the closet on one of the doors in order to replace anything that is lost.

On top of the closet there is a convenient space for standing a pitcher, pus basin, funnel, and two measuring glasses of different shapes, one to be used only for urine.

On the spaces on either side can be hung a bath thermometer, brush for washing bottles, a flattened wooden spoon for poultices, a hot-water bag, and a fountain syringe in a linen bag.

Underneath can be hung two sizes of saucepans.

HYGIENE OF THE HOUSEHOLD

By EVELEEN HARRISON

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(Continued from page 109)

How frequently we hear in these days (notwithstanding the modern, scientific improvements in housekeeping) our "home-makers" exclaim, "Oh! if I had more time, how much I could accomplish!" and the conventional answer, "You have all the time there is," though undoubtedly correct, is such poor consolation that it must surely proceed from one of "Job's comforters."

The only true way to solve this problem of time is resolutely to cut out of our lives the unnecessary things, and so make room for those that are really worth while.

Would it not be feasible to apply this theory to the daily routine of home-life, simplifying it in many ways, so that worry—that dangerous little microbe which undermines the health and happiness of many housewives—shall have far less cause for existence. It is the fussing over little, insignificant trifles relating to the domestic economy that takes up the time and strength and eventually breaks down the nervous force of so many women.

There is such a thing as even the virtue of cleanliness becoming almost a vice when carried to the extreme under all circumstances, as